

HEALTH ALERT! HEALTH ALERT!

NOROVIRUS

Norovirus is very contagious and can spread easily from person to person.

Symptoms include: nausea, vomiting, diarrhea, stomach cramping, low-grade fever, chills, headache, muscle aches and tiredness and usually occur suddenly within 12-48 hours after exposure to Norovirus.

Spread through: vomit and stool, possibly food or water, and contact with an infected person.

TO THE SPREAD OF NOROVIRUS: **Disinfect Surfaces**

Hard Surface Disinfecting



USE BLEACH SOLUTION. Mix 1/3 cup of bleach in 1 gallon of water. Solution can be used to disinfect doorknobs, faucets, sinks, toilets, commodes, bath rails, phones, counters, chairs (including backs), tables, handrails, elevator buttons, ice machines, light switches, etc. DO NOT USE ON FOOD SURFACES.

Kitchen/Food Surface Disinfecting

USE BLEACH SOLUTION. Mix 1.5 tablespoon of bleach per gallon of water. Surfaces must be cleaned thoroughly with detergent and rinsed with water prior to disinfecting (*note: this concentration may not kill all elements of Norovirus).

Wash Your Hands

The 3 best measures to prevent the spread of Norovirus:

1. Handwashing
2. Handwashing
3. Handwashing



After using the restroom, sneezing, coughing, before and after food preparation, wash hands with warm running water and soap using friction for at least 20 seconds. Dry hands with a single use paper towel or air dryer.

For more information, please contact:

FLATHEAD CITY-COUNTY HEALTH DEPT
1035 FIRST AVE WEST, KALISPELL, MT 59901

406-751-8130 • 751-8100

www.flatheadhealth.org

